



## Lowcountry Blessing Box Project

CYM groups are invited to take part in a Lowcountry Blessing Box Project offering.

Food insecurity is rampant throughout the lowcountry area of South Carolina. Studies show adults with food insecurity will skip meals or reduce their portions to provide for children in their homes as they wait for payday. Many food insecure families do not qualify for the assistance of food banks, or are hesitant to turn to food banks for assistance due to the stigma. One "bad month" can be enough to plunge a household into food insecurity. Lay-offs at work, unexpected car maintenance, unforeseen medical bills, or an accident on the job can suddenly force a family to choose between buying food and paying bills. The purpose of this project is to bridge this gap.

Blessing Boxes are stocked with non-perishable food items, basic toiletries, baby supplies, and anything else that might be considered a blessing to someone who finds themselves in need. Items are anonymously donated and anonymously received and available at any time day or night.

**One simple rule applies - Leave what you can, take what you need.**

This effort began in early 2017 and has grown to include more than 200 Blessing Boxes throughout the Lowcountry. Our Presbytery office, your home for the week, has their very own Blessing Box to help support the Park Circle community. Here's where CYM groups have the opportunity to help!

We invite each CYM group to help restock our Blessing Box by having group members each bring one thing on the list below and/or invite your congregation to participate in this gift by holding a collection prior to your trip.

**Directions:** Collect non-perishable food items, basic toiletries, or baby supplies (examples listed below). *Please make sure that items are NEW and have not passed their expiration date.* Think about what you would want if you were hungry or choose some favorites from your pantry staples. Items should be regular size - not bulk size. Please place items in the Blessing Box daily as it is usually emptied almost as quickly as it is filled. The box is located in the CAP parking lot where you will be parked for the week.

### Non-Perishable Food items

Ground or instant coffee  
Granola bars  
Canned vegetables  
Canned soups  
Canned fruit  
Canned meats  
Peanut butter  
Jelly  
Oatmeal  
Snack crackers  
Pasta/sauce  
Boxed mac & cheese  
Condiments  
Vegetable Oil  
Rice  
Dry Beans

### Toiletries

Shampoo  
Conditioner  
Lotion  
Kleenex  
Toilet Paper  
Toothbrush/toothpaste  
Razors/shaving cream  
Soap/body wash  
Washcloths

### Baby Supplies

Diapers  
Formula  
Puff snacks  
Baby Food

For more information about this project and to see a map of Blessing Boxes across the lowcountry, visit

<https://www.chsblessingbox.org/>